

-----  
The United States Navy on the World Wide Web  
A service of the Navy Office of Information, Washington DC  
send feedback/questions to [comments@chinfo.navy.mil](mailto:comments@chinfo.navy.mil)  
The United States Navy web site is found on the Internet at  
<http://www.navy.mil>  
-----

Navy & Marine Corps Medical News  
MN-00-32  
August 11, 2000

Navy and Marine Corps Medical News (MEDNEWS) is a weekly compendium of news and information contributed by commands throughout the Navy medical department. Information contained in MEDNEWS stories is not necessarily endorsed by Navy Bureau of Medicine and Surgery (BUMED), nor should it be considered official Navy policy.

BUMED distributes MEDNEWS to Sailors and Marines, their families, civilian employees and retired Navy and Marine Corps families. Further distribution is highly encouraged.

Stories in MEDNEWS use these abbreviations after a Navy medical professional's name to show affiliation: MC - Medical Corps (physician); DC - Dental Corps; NC - Nurse Corps; MSC - Medical Service Corps (clinicians, researchers and administrative managers). Hospital Corpsmen (HM) and Dental Technician (DT) designators are placed in front of their names.

-USN-

Contents for this week's MEDNEWS:

- Naval Dental Center Southwest personnel give 'a hand up'
- New clinic commissioned
- Great Lakes nurse brings pet therapy to patients
- Virtual Naval Hospital receives award
- Navy family medicine program graduates ten, welcomes six
- TRICARE question and answer
- Anthrax question and answer
- Healthwatch: Getting the upper hand on "snack attacks"

-USN-

Stories:

Headline: Naval Dental Center Southwest personnel give 'a hand up'

Sailors from around San Diego volunteered their time to 'Give a Hand Up not a Hand Out' to homeless veterans at this year's 13th annual National Stand Down held July 21-23. This included more than 60 people from Naval Dental Center Southwest who volunteered their time and dental services to the veterans.

Dental services were provided on board two state-of-the-art Mobile Dental Units. This marked the seventh year in a row that the Naval Dental Center has deployed the Mobile Dental Units in support of Stand Down.

Rear Adm. (select) Dennis Woofter, DC, commanding officer of Naval Dental Center Southwest, and Capt. Joseph C. Whitt, DC, Director of Clinical Services, visited the site on Saturday

morning. They were very impressed with the entire operation and that so many people had volunteered their time on a weekend to help those less fortunate.

"I am happy to volunteer my time to give something back to the people who really need it," said DT2 Pedro Perales, LPO of the Fleet Liaison Department.

The Vietnam veterans of San Diego initiated Stand Down in 1988 with help from local military, veterans' organizations, governmental support agencies and civic groups. The concept was picked up by other cities in 1990 and, last year, was replicated in 120 cities nationwide. Participants in Stand Down receive food, clothing, shelter and counseling for three days in a "safe" environment. It was an opportunity for them and their families to regain their self-respect and connect with services that can help them on the road to recovery and off the streets. More than 500 homeless veterans received assistance during this year's Stand Down.

-USN-

Headline: New clinic commissioned

QUANTICO, Va. - The new Naval Medical and Dental Clinic at Marine Corps Base Quantico was commissioned July 25 during a dedication ceremony that took place in front of the new \$19.2 million clinic.

The new clinic will replace the existing 61-year-old facility and consolidate medical and dental services under one roof. The grand opening for the 102,000 square foot building will take place August 14.

The new clinic features a drive-up pharmacy window, transitional rooms for clinicians and administrative support personnel, and additional technologically advanced diagnostic equipment. The new clinic will continue the tradition of providing outstanding health care to Marines, Sailors, their families, and other eligible beneficiaries at Quantico, the Crossroads of the Marine Corps.

-USN-

Headline: Great Lakes nurse brings pet therapy to patients

By Lt. Youssef H. Aboul-Enein, MSC, Naval Hospital PAO

GREAT LAKES, Ill. - Dealing with 56,000 recruits a year, Great Lakes Naval Hospital must care for a small percentage of recruits who suffer from psychological stress brought about by separation from home, a new environment and new responsibilities. For most, a few days of recuperation in the hospital and counseling enables the recruit to return to training.

To assist in the recovery of patients, Lt. David Senello, NC, researched and proposed the pet therapy program, which is now fully operational. Now dogs, cats and birds make rounds to bring joy and physiological well-being to children, recruits and family members at Naval Hospital Great Lakes.

"Pet therapy is known by many different names including animal assisted therapy and human-animal bonding," said Capt. Deborah Gray, NC, director for nursing services. "Since 1942

when it was first introduced, this form of treatment has been proven a successful adjunct to traditional medical, nursing and physiological interventions and helps facilitate the health and well-being of patients, families, and staff."

"A request for pet therapy is initiated by a consult written by a medical officer," said Senello. The consult ensures that patients are not allergic to animals or have a fear associated with a certain pet. It also designates where the pet therapy is to take place.

Owners selected to participate in the program are screened and their pets receive an added benefit of a full examination by the base veterinary corps officer.

"The command Red Cross volunteers are responsible for orienting pet owners and training them as hospital volunteers," remarked Senello.

The interaction between the pet, the pet owner and patient is holistic medicine in practice and promotes well-being on the ward.

Medical literature is filled with examples of pet visitation lowering blood pressure, alleviating loneliness and decreased length of stay and use of pain medication.

"We are proud to incorporate this form of therapy at our command and the pets and volunteers are a welcome addition to the naval hospital," said Capt. Elaine Holmes, Naval Hospital Great Lakes commanding officer.

-USN-

Headline: Virtual Naval Hospital receives knowledge award  
From Naval Medical Information Management Center

BETHESDA, Md. - The Virtual Naval Hospital (VNH) website was awarded the Department of Navy Knowledge Sharing Award during the opening ceremony of the Department of Navy Knowledge Fair 2000 held at National Navy Medical Center August 1st.

"This award is evidence of an effective partnership and a successful deliverable to the Navy from a dedicated team of champions at the University of Iowa College of Medicine and Bureau of Medicine and Surgery with Naval Medical Information Management Center project support," said Capt. Richard S. Bakalar, head of the naval telemedicine business office.

VNH is a partnership between Navy Medicine and the University of Iowa College of Medicine. The goal of the VNH is to create and maintain a digital library, a medical reference tool for primary care providers and a health promotion tool for Sailors and Marines worldwide. On-line since 1997, VNH provides assistance as a medical planning tool for medical, humanitarian and combat missions by sharing knowledge across the Navy.

The 80 most common medical problems and 25 health promotion topics were used for the baseline needs assessment and foundation for the design of VNH. This information along with supporting medical information from subject matter experts was digitized and organized into a problem-based, user-friendly format accessible from the Internet and on a CD-ROM.

Since then, VNH has been revised, expanded and enhanced on a regular basis. Today, the VNH is managed by Naval Medical

Information Management Center and hosted from a server on the University of Iowa campus.

Since its inception there has been a six-fold increase in the number of users visiting the website per month, an eight-fold increase in pages read, and the medical content has increased fifteen-fold.

VNH now has a survey to access its use. To participate in the survey go to the following sites to fill out the survey and view the results: 192.189.236.7/vnhsurvey/homevnh.html.  
<http://192.189.236.7/vnhsurvey/results/menu.html>

-USN-

Headline: Navy family medicine program graduates ten, welcomes six

By Judith Robertson, Naval Hospital, Public Affairs Officer

BREMERTON, Wash. - The Puget Sound Family Medicine Residency program, the teaching arm of the Family Practice Department at Naval Hospital Bremerton, graduated ten family physicians and welcomed six new interns into the ranks recently.

Guest speaker for the ceremony, retired Navy Capt. Larry Johnson, MC, told his audience that although the Navy's Family Medicine program is small, their presence is felt throughout the world.

"The Navy employs approximately 450 Family Physicians. One third of them are OCONUS, one third are deployed, and one third CONUS. No other group of Navy physicians has that record," Johnson said.

The 30-year veteran of Navy medicine added, "your training is strenuous, but second to none. If you are assigned with a new civilian FP grad, you will find out that your knowledge and skill sets will be significantly greater. Not because they are not as bright as you, but the quality of the training experience in the Navy far exceeds that of your civilian counterparts. The reputation you take with you is one of excellence within the community and nationwide."

-USN-

Headline: TRICARE question and answer

Question: Will a pre-existing condition be a factor before being accepted into Prime?

No. Pre-existing conditions will not disqualify you from enrolling in Prime.

-USN-

Headline: Anthrax question and answer

Question: Will Reserve component personnel be required to take a full series of shots?

Answer: Yes. Full immunization with anthrax vaccine adsorbed requires six doses administered over 18 months to complete the primary series. This is the schedule licensed by the Food & Drug Administration (FDA). It is DoD policy to adhere to this vaccination schedule. Guardsmen and Reservists with less than 18 months until separation or retirement from military service will be treated as in any other vaccination program that is required

to prepare them for deployment. They will be required to begin the vaccination series unless medically deferred. The services will not require completion of the six-shot vaccination series for Reserve component members once they leave military service.

-USN-

Headline: Healthwatch: Getting the upper hand on "snack attacks"

Everyone has an appetite for certain foods. But when that appetite becomes extreme, it's called a craving. People often have so many pressures in their lives, and cravings are so easy to satisfy, that their intention to avoid fatty or sugary snacks is the first healthy habit to surrender.

It doesn't have to be that way. Here are some tips for fighting off those fattening "snack attacks:"

- Intense cravings can result from mood swings or stress. Eating only masks the symptoms. Try discovering what might really be pushing you to seek solace in food. Addressing that problem might reduce the craving for an unhealthy snack.
- If you normally crave salty foods, eggs, or meat products, avoid alcohol or sweets. One usually leads to the other.
- Stock the pantry and refrigerator with plain popcorn, whole-grain bagels, unsalted pretzels, rice cakes, unsweetened fruit juices, fresh fruits and vegetables, plain low-fat yogurt, and low-fat, low-sodium cheeses. Use salt substitutes, if you need to.
- Bring a naturally sweet fresh fruit, such as grapes or a pear, to work for your break, rather than buying candy from vending machine.
- Choose snacks rich in dietary fiber: fresh fruits with edible seeds (berries) or edible skins (apples or peaches), raw vegetables, or whole-grain breads or bagels (whole wheat or rye).
- Watch out for certain kinds of "trail mix" and some granolas. They may be laden with sugar and fat but advertised as "healthy snacks." Read labels carefully.
- Bake or buy low-sugar, low-fat, whole-grain bran muffins or zucchini bread. They'll zap just about any "snack attack."

Most of us have come to depend on processed or packaged foods, or foods derived from high-fat, high-cholesterol animal products rather than grains, fresh vegetables and fruits, and legumes (beans, peas and lentils). It's a hard legacy to escape, especially when snacking. But armed with the assurance of improved health, you can remedy the "snack attacks" and snack smart.

-USN-

Comments about and ideas for MEDNEWS are welcome. Story submissions are encouraged. Contact MEDNEWS editor, at email: mednews@us.med.navy.mil; telephone 202-762-3218, (DSN) 762, or fax 202-762-3224.

-USN-